

Science - Circulatory System Knowledge Organiser

Learning Objectives

L.O. to name and describe the purpose of the circulatory system and the functions of the heart.

L.O. to name and describe the purpose of the blood vessels and blood.

L.O. to carry out an investigation about heart rate.

L.O. to explain the impact of positive and negative lifestyle choices on the body.

Core Knowledge

The heart, blood and blood vessels make up the circulatory system. The circulatory system moves blood around the body.

Red blood cells carry oxygen and carbon dioxide around the body. White blood cells fight infection and other diseases. Platelets are small cell fragments that clump together to stop bleeding from a cut in a blood vessel.

Resting heart rate is the number of times a heart beats per minute when a person is at rest. Heart rate increases during exercise because the body requires more oxygen to meet its needs. Heart rate can be measured by recording the pulse at different points of the body.

The Eatwell guide presents the foods and drinks that contribute to a healthy balanced diet. The five food groups are: fruit and vegetables, carbohydrates, dairy and alternatives, proteins and oils and spreads.

Glossary

Artery

A type of blood vessel that carries blood from the heart to other parts of the body.

Atrium

A chamber at the top of the heart on each side

Capillary

A tiny blood vessel that allows nutrients to pass from the blood into the body's tissues and waste products to pass from the tissues into the blood to be excreted.

Pulmonary Artery

The artery that carries deoxygenated blood to the lungs.

Pulmonary Vein

A vein that carries oxygenated blood back into the heart.

Valve

A structure in the body that prevents blood from flowing backwards.

Vein

A type of blood vessel that carries blood back to the heart from other parts of the body.

